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THE OPRAH
MAGAZINE

4 Steps to Aha!

**How to
Figure Out
Exactly
What You
Want**

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“Every person has
the right to
look and feel like
a million bucks”
—Dr. Oz

Fresh Start!

SLIM-DOWN STRATEGIES • HEALTHY HABITS • POWER FOODS

**Dr. Oz's 28-Day Plan
to Renew Your Body,
Mind, and Soul**

**When Bad Muffin Top
Happens to Good Women
Perfect Fashion Fixes
for Imperfect Bodies**

A Fabulous Winter Coat—and It's Less Than \$50!

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KORTENHAUS

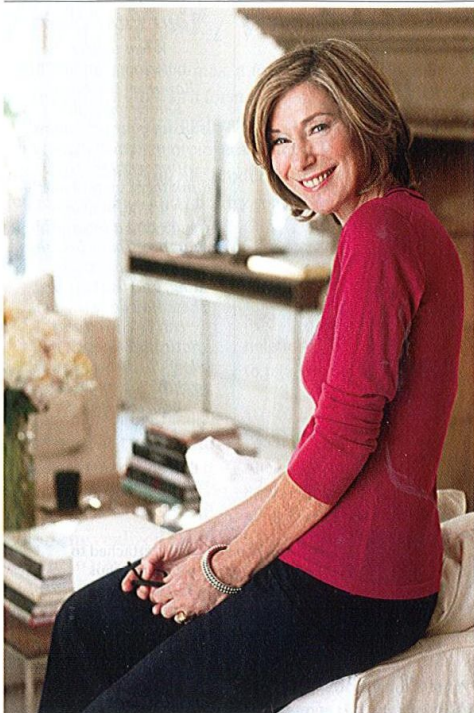
COMMUNICATIONS



O, Beautiful!

Ask Val

YOU'VE GOT QUESTIONS? OUR BEAUTY DIRECTOR, VALERIE MONROE, HAS ANSWERS.



Q I'M 42 AND DON'T HAVE A LOT OF WRINKLES. DO I REALLY NEED AN EYE CREAM IN ADDITION TO A MOISTURIZER?

A: I'm 61 and I don't have a lot of wrinkles, either. I've been using an eye cream since I was in my 20s. Am I relatively wrinkle-free because I've been loyal to the eye cream? No, says Jeffrey Benabio, MD, a dermatologist at Kaiser Permanente in San Diego. "Eye creams are just variations of facial moisturizers," he says. Both may contain antioxidants to help minimize wrinkles and other ingredients that help tighten skin. Unlike many facial moisturizers, however, eye creams don't usually contain sunscreen, and you get a lot less product for a lot more money. As the doctor astutely notes, an eye cream is unlikely to make much difference except on your credit card bill.

Keep in mind: If you use moisturizer around your eyes, apply it carefully; the one benefit of a cream formulated specifically for the eye area is that it may be less irritating.

Q What's the best way to grow out a very short haircut?

A: The stylists I spoke to all agree: The best approach is to get regular "mini" trims every six weeks. (Were you, like me, skeptical about this suggestion, thinking it might be motivated by greed? Stylist Cristophe of Beverly Hills says you shouldn't be charged for these kinds of trims.) You should have a goal: Are you aiming for an all-one-length bob? A shaggy, piecey look? Once you've settled on

the goal, your stylist can give you shaping trims with that in mind. In general, keeping the back short while you grow out the layers at the crown can ease you into a longer style; don't cut the top or the sides until they're as long as the back, says stylist Mario Russo, at Salon Mario Russo in Boston. **Keep in mind:** It will take about nine months to grow your hair to a length that allows you to cut it into a completely new style. **Q**

GOOD THINGS, SMALL PACKAGES

Sometimes—what with all the new! new! new!—I want a bit of old-fashioned simplicity. So I was delighted to receive a miniature package containing a cute little tub of Vaseline Lip Therapy. I immediately threw it in my bag (an undainty sack big enough to tote a gallon-size tub, but whatever) and now have the perfect carry-around solution for winter-chapped lips. (Vaseline Lip Therapy, \$1; Walmart)



Balm-y!

More from the Department of Softness: This semisolid body moisturizer is 50 percent organic shea butter. But the main reason I'm using it is that its scent—a delicate coconut-vanilla—instantly reminds me of white sandy beaches; warm, tropical sunshine; and swaying palms. (Perlier Ultra-Rejuvenating Body Butter, \$15; hsn.com)

